

Think about climbing a hill or a challenge you have faced since you have been qualified. What has been a steep learning curve?

Have you been excited at what lays ahead of you?

Have you been anxious to know what is coming?

Starting your journey as a social worker. How is it different to what you expected?

When things are fast paced, how do you feel? Is it exciting, exhilarating, stimulating or do things feel out of your hands?

Do you ever feel confused or turned upside down? When have you felt like this and what happened?

Can you reflect on some highs and lows of your experience or your feelings?

Have you had to change direction quickly? Why was this and how did it feel?

Who are you on this journey with?

Who is in your carriage?
Colleagues/ friends/ family – is there anyone who supports you?

Rollercoaster Reflective Model



Safety: what makes you feel safe? Other colleagues? Your team? Supervision? Something else?

